

## Special programs

**Stepping Stones:** Special support for those raising kids with special needs. You will receive strategies to help teach your child new skills, manage problem or harmful behaviour, and help them thrive.

1 - 10

**Fear-Less:** Build resilience in children and help them manage anxiety. Get a better understanding of anxiety, learn what to do when your child is anxious, and boost resilience and coping skills.

4 - 14

**Transitions:** Support your child through separation or divorce. Create stability and reassurance for children, learn proven co-parenting strategies, and learn to handle challenges calmly and confidently.

**Pathways:** Is your child or teenager making you angrier than you can handle? Build on the positive parenting ideas from other Triple P courses with new strategies to help you avoid anger and stress.

*"Thank you very much for this program. This was a helpful way to see that other parents feel the same way I do. The strategies are new ideas for us to try as a family."*

### SIGN Triple P Positive Parenting Program

Our Learning Centre is located at  
345 Broadway Street West  
Yorkton SK S3N 0N8  
306-783-3080 or 306-621-3084  
triplep@signyorkton.ca  
Facebook/Instagram  
@triplepyorkton

www.signyorkton.ca  
Facebook/Instagram @signyorkton



May 2025

## Triple P Positive Parenting Program

**306-783-3080**



Society for the Involvement of  
**Good  
Neighbours**

signyorkton.ca  
@signyorkton



## Programs

**Primary Care:** Specific topics tailored to your family's needs, including becoming a parent, toilet training, bullying, disobedience, healthy screen time routines, rudeness and disrespect and much more.

0 - 16

**Discussion Groups:** Join a two-hour group that provides practical targeted solutions for specific problems faced by parents.

1 - 10

10 - 16

**Triple P for Baby:** Create a positive foundation, right from the start. Learn about nurturing baby's development, strengthening your bond and looking after your own wellbeing.

Pre - 1

**Group Triple P:** Confidently handle everyday parenting challenges to create a happier, calmer family life.

1 - 10

**Teen Triple P:** Raise happy, responsible and resourceful teens. Build connections and enjoy family life more.

10 - 16



**Triple P Online** is a self-directed personal parenting program you can access 24/7. Visit [www.triplep-parenting.ca](http://www.triplep-parenting.ca) to get started.



Triple P provides a wide variety of programs that offer support for every step of your parenting journey, from babies to toddlers to youth and teens. It is backed by more than 35 years of research here and around the world to help you turn self-doubt into confidence.

Triple P is a toolbox, not a rulebook. You choose what tool to use, when and how. We support you with strategies that can take some of the challenges out of family life, leading to happier, calmer everyday living.



*Triple P programs are free to Saskatchewan residents. We serve the Yorkton and Fort Qu'Appelle areas. Contact us for details about length, availability and partnership opportunities.*

### Choose how you want to participate...

Group  
sessions



One  
on one



On site  
Come to us or we  
come to you



Online  
On your own  
time

